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Ella Miller | Staff Photographer

Participants walk in the Celani/Fabiano 2k Diabetes Awareness Walk Saturday, Nov. 5, across from Finch Fieldhouse.

INDEX

SPORTS
» 12

Autism Awareness
CMU Volleyball scores big with inclusivity-focused match

EDITORIAL
» 14

Take care of yourself
Exams, workloads, seasonal changes ... they all pile up at this time of the year. You're not alone.

ONLINE
»

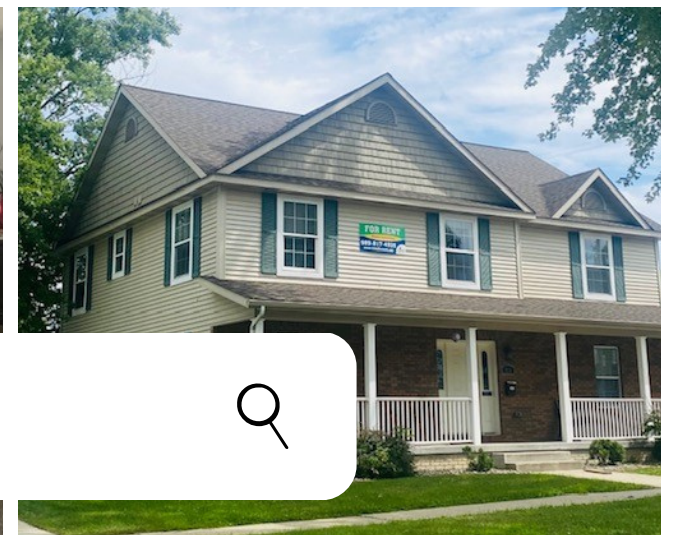
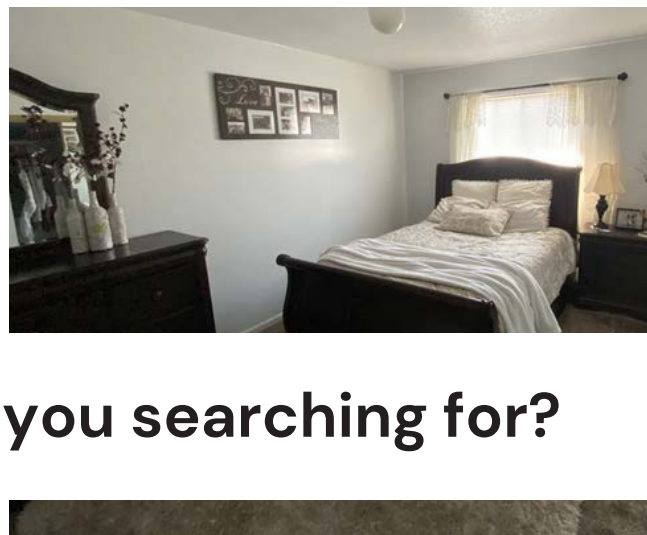
Grand re-opening
Small, minority-owned restaurant is back in business

ONLINE
»

Election night photo gallery
See the gubernatorial watch parties through our photographers' lenses

PODCAST
»

The Geeks' critique
Our Raving Geeks discuss critiques of some favorite movies. How rotten are these Rotten Tomatoes?



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Leaders of the band

For 100 years, CMU's marching band has brought music, passion to campus

By Alexis Seeley, Kaia Zimmerman
and Elijah Fosmore
Staff Reporters

When the sea of maroon and white-clad musicians sprint out onto Kramer/Deromedi Field and lets out a “Woo! Ah” cheer that rings throughout Kelly/Shorts Stadium, there is no doubt that the Central Michigan Marching Band is ready to go.

However, this year is a little different for the Chippewa band, as it celebrates its 100th season. It's a massive undertaking to prepare, choreograph and conduct a squad of student musicians through a barrage of concerts each year, but a dedicated team of student and staff leaders gets the job done, show after a show.

The director

Created in 1923 by Harold Powers, the music head at the time, and Charles C. Barnes, registrar and dean of men, the CMU Marching Band has had nine directors during its run.

For current Band Director James Batcheller, the band's longevity is a testament to how the community has supported them.

“If it lasts that long, it is because it becomes so ingrained you can't get rid of it,” Batcheller said. “Or because it makes the local community and therefore the world a better place.”

Batcheller said the reason the marching band continues to grow and thrive is that it's “locked into the notion that we make the community a better place.”

The marching band currently has 265 members. Batchellersaid that he has a lot of help in running the marching band, namely from Director of Music Events John Jacobson; Media Production Manager Scott Burgess; and School of Music Executive Secretary Mindy Zeneberg.

Members of the band also help keep things running beyond just making music. The band utilizes student leadership, with rank captains and section leaders providing fellow marchers with leadership and direction.

Batcheller manages a creative team that puts the show concept together. It arranges the music and writes the drill, or how and where the band physically moves on the field. Batcheller's position is year-round, as the drill and music are generally finalized

before midway through summer.

He has been the director for 23 years now, but it is not the first time he's held a position in the band. Batcheller went to school at CMU, and marched in the band himself.

“I'm proud of the legacy of being part of the band, but I'm responsible for ensuring that current members ... have access to the history, education and positivity I experienced,” he said.

He considers it a great responsibility, but also a great pleasure.

“I'm one of any number of people

vitality of the university as much as our own vitality.”

The drum major

Jordan Healey is the current drum major for the CMU Marching Band and one of five female drum majors the Chippewa band has had throughout its history.

“It's 100 years of tradition,” she said. “Getting to represent that (is) just a really cool thing. We've been doing this for a very long time, obviously, we've been through a lot, we've grown a lot, we've changed a lot. And hitting

band in that capacity. And getting to connect with all of the members in that way is so special.

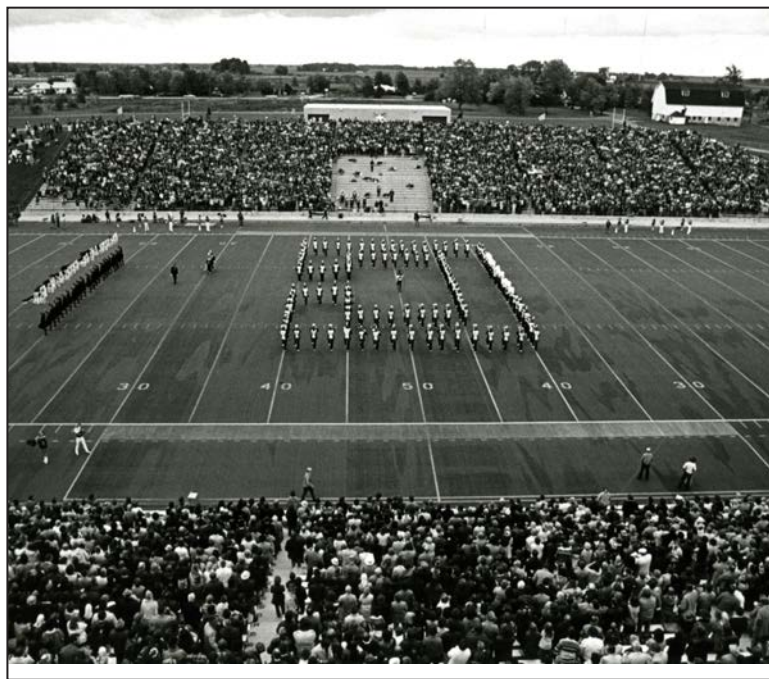
“But getting to do it for the 100th season, I feel like it's just a whole other level. And I'm very grateful for it because it's the 100th season, I've gotten to meet so many amazing alumni. In fact, I got to meet and take a picture with all five of the female drum majors that the Chippewa marching band has ever had. And it was a really special thing.”

This is Healey's second year as head

put my absolute most into it. And if I get it great, if not, I know that I did the best I could.’ And I had a lot of fun with it, and I grew a lot throughout the process.”

There was always that little bit of self-doubt, she said.

“Leading up until that point, when they announced it, I was like, ‘I'm probably not gonna get it.’ But there was always that little voice in the back of my head that said, ‘But what if you did?’” Healey said. “So when they said my name, I was in complete shock.



Marie Underwood | Staff Photographer

CMU volleyball players cheer in a huddle during CMU's match against Miami (Ohio) Saturday, Oct. 22 in McGuirk Arena



Marie Underwood | Staff Photographer

CMU volleyball players cheer in a huddle during CMU's match against Miami (Ohio) Saturday, Oct. 22 in McGuirk Arena

who were lucky enough to be directors of college bands they marched in,” he said. “It was a dream come true.”

Batcheller is passionate about excelling at this position, and he said that drive can positively affect the community. He said he wants to pass a similar sense of initiative and mindset to his students.

“The band is and has been part of the best aspects of what CMU is and has to offer,” he said. “I think it's why we continue to thrive as part of this university community because we have tried to stay committed to the

100 years really means reflecting on all of that, but also looking towards the next 100 years ... towards the future. Getting to be a part of that reflection, but also that look forward towards what's next is really cool.”

Healey believes the title of drum major is an honor in itself, but she feels it is more special for her to be leading the band during the 100th year.

“It is the greatest honor in the world,” she said. “I mean just being drum major, in general, I think is just a huge privilege, getting to serve the

drum major. It was a long process to get there, but she said it was all worth it because of the position she is in and the experiences she had while auditioning.

“I still feel to this day that this is my dream job,” Healey said. “This is my dream position. I've wanted to do it for the longest time.

“I remember throughout the process, I was thinking, you know, ‘I wasn't a drum major in high school. My background on music isn't the most extensive like there's no way I can get this.’ But I was like, ‘I'm gonna

But then I remember after that, I just started to cry because I was so happy and I knew my hard work had paid off.”

The CMU Marching Band has many traditions that they have picked up and followed throughout their long history including The Oo-Wah! Cheer, Thirty Seconds, and the Rock and Tree. Healey's favorite tradition is the Rock and Tree, which started in 1966 and involves the Chippewa Band going to an area that overlooks Kelly/Shorts Stadium following the game and celebrating their performance.



Marie Underwood | Staff Photographer

CMU volleyball players cheer in a huddle during CMU's match against Miami (Ohio) Saturday, Oct. 22 in McGuirk Arena

"It's a nice reminder that no matter how the game went, no matter what happens, we're still a team. We're still a family," Healey said. "We still come together to celebrate with each other after the game. Whether we play the fight song together, whether we sing the alma mater, we still come together and are proud of the work that we did."

Healey feels it is important to not just think about how the football team is doing, but to also enjoy the 100th season of marching band, whether that means in performing or cheering.

"Something I tell the band all the time is no matter how the football team does, whether they win or lose, we're still proud of them," Healey said. "But no matter how they do, it doesn't define our season. And our season is the 100th season. And it's about reflecting on how far we've come and looking at where we're going to go next."

Being a part of the band has given Healey the opportunity to make new friends, have a deeper connection to music and gain experiences that she will always remember.

"I am not a music major," Healey said. "But still having the opportunity to get to play and create music with hundreds of amazing people is just a great opportunity. It's been an awesome outlet for me to make friends and make

connections and make these lifelong memories. And I know for a lot of people, it's a great way to relieve stress (and) ... have that sense of belonging."

One memory that stands out to her is when 2020 drum major Gabrielle Bass was able to lead the pregame show on 2021 Homecoming for the first time on the field. Because of COVID-19 restrictions, Bass had not led pregame when she was lead drum major.

"I'll never forget (it)," Healey said. "It was homecoming, the crowd was huge. It was the first homecoming back since quarantine. She ran out there and led the pregame show and it was fantastic. And I remember the second they finished, she ran off the field, and we just like both hugged and were crying and it was just the most special moment ever."

Bass said she was grateful to the band for the opportunity to come back in 2021 and perform in front of the crowd.

"Before I was so nervous because I'm like I have one chance to make this perfect and memorable," Bass said. "And then afterwards, I just felt so accomplished and loved and just kind of (at) a

loss of words just because I felt so much gratitude for the band."

Bass' experience as drum major was quite different from the other drum ma-

"It's a nice reminder that no matter how the game went, no matter what happens, we're still a team. We're still a family,"

Jordan Healey
Drum Major

jors. Because of COVID-19, she wasn't able to perform in front of fans

"I was the COVID drum major," Bass said. "So my season as the head drum major, we were six feet apart and all wearing a mask, and so before the season started, I knew it was going to be unique and very different."

"And there (were) a lot ... more ... negative attitudes, because no one knew what was going to happen or even if

we're going to be able to perform. It was like taking everything a day at a time, and so it was challenging because I had to push through and be that constant positive reinforcement, and just make the best of everything, even though we knew everything was different and not what we wanted.

"But we just kept working and pushing and then we eventually did get to perform at two games," she continued. "No one (was) in the stands and us still being spread out six feet in the stands, so my season was a bit unique."

Bass says she learned about gratitude and the importance of traditions throughout her time at CMU marching band. Similar to Healey, Bass' favorite tradition was the Rock and Tree.

As the 100th season approaches, Bass reflected on being a piece of the legacy that CMU marching band has held throughout their history.

"It feels like being one of the small pieces in a large puzzle," Bass said. "That's how I've always viewed it, because we've all played, like, small parts; but all together collectively ... (are) just like a tradition of excellence and so many legacies and talent and leadership. I would say a small piece of a large puzzle, every piece is very important."

Healey hopes that as the 100th season is coming to an end, the band has fun with the rest of the experience and ends this season on a high note.

"My hopes are that we can just make the absolute most of it and have a lot of fun with it," Healey said. "We're aware that our likelihood for postseason is a little unsure right now. So there's a chance that ... our game on Wednesday, the 16th, versus Western could be our very last one. And for a lot of people, especially step outs like myself, that's kind of jarring. Because ... this is a very big special thing coming to an end."

The Marching Band Experience

Meanwhile, some marching band members are look forward into the next era for the CMU Marching Chips.

Cedar Springs senior Christina Caron said she hopes the cymbals continue to include more tricks in their routine in the future.

"We're doing some more showy stuff, rather than just like playing the music and I think that's nice that we are kind of raising the bar ... for ourselves," Caron said. "I think it's like a goal for the whole band as well, is just to continuously

raise that bar and to keep having better expectations for the section and just becoming a better ensemble as a whole."

South Lyon junior Gino Rimanelli said that he liked meeting marching band alumni.

"It was great to be able to see people that had marched in the same positions that we are and ... see what has evolved and what has progressed and ... how much and how far we've come since they have marched in that group, and to also see the same traditions that they participated in," said Rimanelli. "It was really great to talk with them and hear about the things that we do and how they've been here for decades at this point."

Anchor Bay senior Tori Wolfgarth always knew that whatever college she attended she wanted to be in the marching band. Already having a few friends in CMU's band and doing a couple band camps in high school, Wolfgarth decided on CMU.

"It's like the perfect mix of like a higher level than high school, but it's not quite as like competitive as MSU. And so it was just the nice like middle ground," said Wolfgarth.

Having now been playing alto sax with the band for four years, Wolfgarth wants the band to keep its drive.

"I know sometimes it can get like really hard, especially when we get to ... November and it's really cold and ... miserable outside," said Wolfgarth. "But just keeping the drive that we get whenever we're ... winning a game and everyone gets really excited ... it just amplifies everything."

Athens senior Gaia Herrick wanted to be a part of CMU's marching band since high school.

"I came to CMU as a transfer student. I auditioned for the School of Music and I have wanted to be in the marching band for ... a really long time. My first experiences with the band was CMU Band Day. That day was ... life changing for me because I realized that I wanted to be a part of this band," said Herrick. "I wanted to come to CMU and ... to pursue music. Like, seriously, in education and such."

Despite changing from clarinet to alto sax, Herrick said her favorite part of marching band is the community.

"It's just built on a really amazing culture and foundation ... on inclusivity and a culture of compassion and caring, but also dedication to excellence," said Herrick.

Natalie

Morehouse

Morehouse is a junior from Oxford, MI. Morehouse came to CMU because her dad was an alumnus, and CMU offered the best scholarship. Morehouse joined the band because she did not pursue a career in music but wanted to keep music in her life.

Instrument: Alto Saxophone

Weight of Instrument: 5.5 pounds

Year: junior

Estimated Steps Taken: 2,000 steps

Photo Illustration by Madelyn Kerbyson and Nico Mendoza



Nate Pappas | Staff Photographer

A cymbal player named Regan raises their instrument in the air Saturday, Oct. 22, in Kelly/Shorts Stadium.



Drum major Jordan Healey conducts the band in singing the Alma Mater after the team's loss to Bowling Green Saturday, Oct. 22, by Kelly/Shorts Stadium.



Courtesy of the Clark Historical Library

Ike

Bolton

Bolton came to CMU because not many of his peers from high school went to CMU and he thought the art program was great. He joined the band because he has always enjoyed music, as it is his life and his soul. The band is a great place to make friends and to get out of his comfort zone.

Instrument: Falto

Weight of Instrument: 3-4 pounds

Year: sophomore

Estimated Steps Taken: 2,800 steps



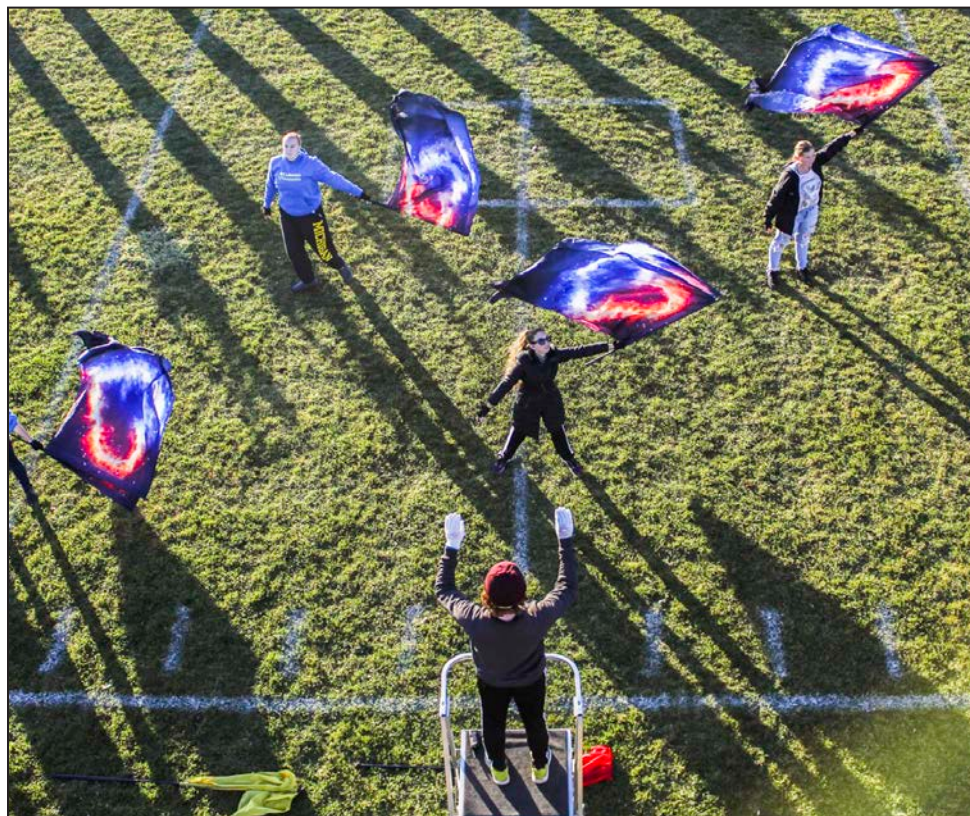
Nate Pappas | Staff Photographer

Members of the euphonium section gather in a huddle as they prepare for gameday Saturday, Oct. 22, in Kelly/Shorts Stadium.



Nico Mendoza | Staff Photographer

Marching band students practice at band rehearsal Monday, Nov. 7, at the practice field.



Nico Mendoza | Staff Photographer

Justus Holben conducts the band and color guard during practice Monday, Nov. 7, at the practice field.

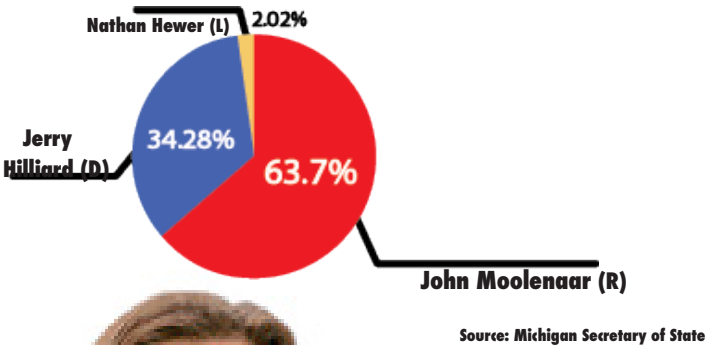
Elsewhere on the ballot ...

Critical races will shape everything from local classrooms to federal policies

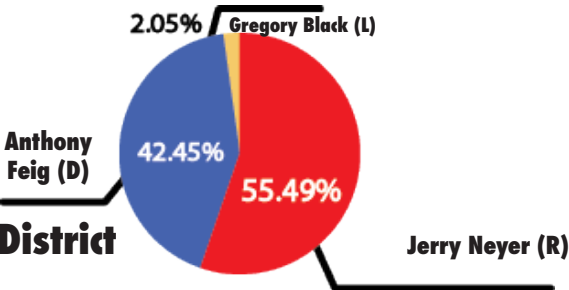
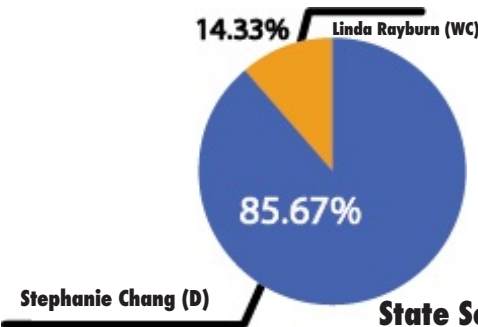
The gubernatorial campaign and a trio of high-stakes ballot initiatives lead Michigan headlines for months in the run-up to the election. But from city commission to the U.S. House of Representatives, Central Michigan voters told a slew of

elected officials it's time to get to work. Here is a look at some other critical races that will shape everything from education to federal policy, with the region in mind.

U.S. House of Representatives 2nd District



State House 92nd District



State Senate 3rd District

Source: Michigan Secretary of State

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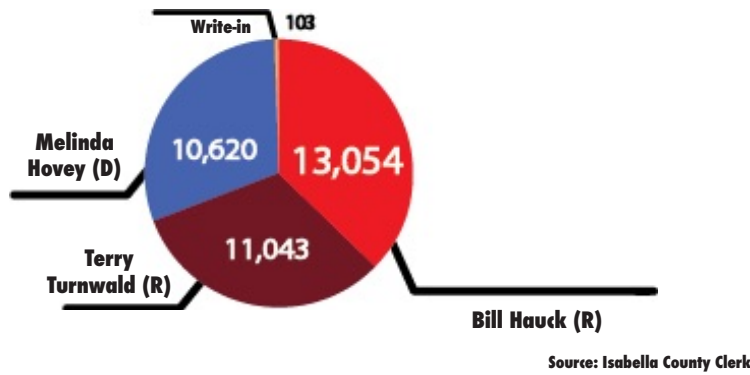
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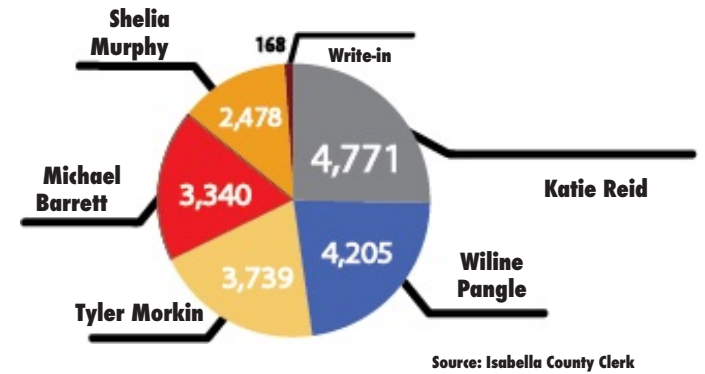
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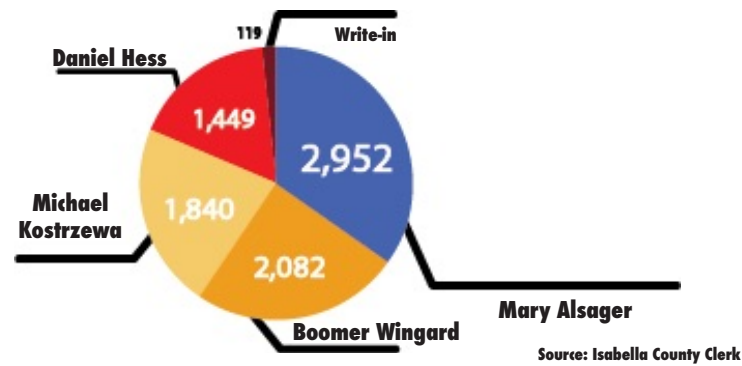
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Mount Pleasant Public School District Board of Education (Vote for 2)



Mount Pleasant City Commission (Vote for 2)



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Whitmer Wins

By Zipporah Abarca
News Editor

DETROIT — Gov. Gretchen Whitmer approached the podium in Motor City Casino's Sound Board Theater in a hot pink power suit at 1 a.m. No.v. 9 to accept her governance. She was welcomed with the crowd cheering as she hugged and high-fived advocates en route to make her speech. A gold button attached to her blazer gleamed over her heart, "Ban's Off Our Bodies," as she spoke to the audience.

"We are thrilled at the unexpected high turnout, we are thrilled that the three ballot initiatives got passed, and I never thought I'd be so happy about Fox News, but I'm glad they called this election, too," she quipped to laughter.

"The prospect of leading this state for four more years is something we are incredibly grateful and excited about," the governor continued. "Regardless of who is in office, we will always work with anyone who wants to solve a problem because there's nothing more important than the people of this state."

Whitmer and Lt. Gov. Garlin Gilchrist II will get a second term in office. The Associated Press called the hotly contested gubernatorial race for the incumbents around 1:20 a.m. Wednesday — more than five hours after polls closed.

As of 10 p.m. Wednesday, Whitmer led Republican rival Tudor Dixon 54.5% to 43.9%, according to Michigan Secretary of State records. The unofficial numbers reflected 79 of the state's 83 counties reporting.

Entrepreneur Keyon Clinton has worked personally with Gov. Whitmer on numerous projects, he said. At Whitmer's election watch party in Detroit on Tuesday, Clinton proclaimed himself an advocate.

"We love to support the people that actually stand by what they say," Clinton said. "I believe she (Whitmer) is one of them that's in office that's genuine, she's a good-hearted person, but more importantly the



Andrew Travis | Staff Photographer

Governor Whitmer speaks to a small but ambitious crowd, Wednesday, Nov. 2, at the Isabella County Democratic Party building.

things that she promised us before she got into office — she's actually (fulfilling) those promises. That's what we care about the most."

Where does he see the future under Whitmer?

"I believe more jobs, and more opportunities for small business owners who are out in the field, who are making Michigan look great in the things we are doing," Clinton said. "I think those will be the two top things that we will see more of, and that we need more of."

Clinton said a great governor is someone that is not afraid to listen and be a part of the community, and he believes Whitmer embodies that.

"You know, you're not going to make everybody happy, some people are going to love you and some people are going to hate you. Either way if you stick to what your mission is and the people that voted for you believe in, I think that is going to put you in a great position as a leader, and as a governor," Clinton said.

Whitmer's Reign

In 2018, Whitmer was elected as Michigan's 49th governor. She took office Jan. 1, 2019, and in the last three years she has signed over 900 bipartisan bills and four bipartisan budgets in order to deliver on kitchen-table issues, grow the economy and create "good-paying" jobs in each region of the state, according to Michigan.gov.

Michigan.gov said Whitmer has, "made the largest education investments in state history four years in a row." She reportedly delivered the highest state per-student funding ever, increased on-campus mental health resources and helped hire thousands of teachers. According to Michigan.gov, Whitmer has also expanded low- to no-cost child care to 150,000 kids and enrolled 35,000 4-year-olds in affordable pre-K.

As for taxes, according to Michigan.gov, Whitmer has not "raised a dime." She reportedly cut taxes for small business owners, paid down almost \$14 billion in debt

and brought Michigan's "rainy day" funding to \$1.6 billion.

Meanwhile, she also invested \$4 billion to provide clean drinking water for Michigan communities by upgrading drinking water infrastructures and replacing lead service lines, which in the end supported 57,000 jobs, according to Michigan.gov.

After a year of being Michigan's new governor, Whitmer had to make a string of decisions regarding COVID-19. In the end, Whitmer said her priority was saving lives, according to Bridge Michigan.

Michigan's stay-at-home order reportedly lasted longer than almost all other states in the United States, and Michigan lost 1 million jobs and test scores were drastically affected, according to Bridge Michigan.

Dixon said Whitmer's orders were too severe, hurting both the economy and the state's K-12 students.

According to U.S. News, Michigan's COVID-19 death cases reached about 394,000 as of 2022, whereas Southern states that had fewer COVID-19 restrictions had higher death rates, such as Mississippi with 436,000 deaths, Tennessee with 410,000 deaths, Oklahoma with 433,000 deaths, and West Virginia with 420,000 deaths.

Although jobs were lost and student test scores deteriorated, Whitmer kept her word to prioritize the safety of Michigan civilians, the numbers show.

Jessica Smith, an advocate for Whitmer that attended the campaign party in Detroit on Tuesday said she has had the chance to meet Whitmer in person at the Labor Day Parade in 2018.

"She stopped to talk to my kids even though her handlers were trying to push her forward," she said, "and she took the time to be a good example for them and a positive influence. As a mother, she is the kind of person that can't be faked. She genuinely cares about people, and I saw it myself and it would take a lot for me to change my mind."

Influencer Myles Hardy believes the principles that Whitmer stands for are "very important" to the state of Michigan.

"She's actually a politician that is for the people," Hardy said.

"I feel like she represents us as a whole, white, Black, hispanic, Arabic, she represents Michigan as a whole very well."

Who is Dixon?

Dixon, the Republican nominee for Michigan governor, is a former conservative news host and business woman, according to Bridge Michigan.

In 2009, she worked as an executive at Michigan Steel, her family's business and has had experience launching a conservative student news service and a daily news program, "Real America's Voice."

Dixon won the GOP primary with support from the DeVos family and an endorsement by former President Donald Trump. She received 40% of the votes between five candidates, which set up the competition against Whitmer for the Nov. 8 election, Bridge Michigan reported.

Dixon has spoken on behalf of Trump's claims that the 2020 election was rigged by widespread voter fraud, and believes that Trump had won Michigan, although President Joe Biden won by 154,188 votes. Dixon claimed the election was stolen and accused Democrats of "sloppy" voter fraud, according to Bridge Michigan.

After Whitmer was named Michigan's governor-elect Wednesday morning, Dixon announced on Facebook that she contacted Whitmer's campaign and conceded the race.

"Michigan's future success rests not in elected officials or government, but all of us," Dixon said in her statement. "It is incumbent upon all of us to help our children read, support law enforcement and grow our economy."

Co-news editor Patrick Bouman contributed to this report.

All Proposals pass in Michigan

By Masha Smahliuk and Lauren Rice
Staff Reporters

DETROIT — The Motor City Casino Hotel Sound Board shined in all blue lights Tuesday, Nov. 8, as Gov. Gretchen Whitmer's campaign party got together to cheer for its governor and proposals on the ballot.

The majority of the crowd here enthusiastically welcomed all three proposals to amend the state constitution. The three ballot issues — which address term limits and government transparency, voting accessibility and safety, and reproductive freedoms — all passed, preliminary numbers show.

As of 8 p.m. Wednesday, with 98% of the votes counted, The Associated Press reported:

Proposal 22-1, which sets new term limits for lawmakers and increases fiscal transparency, was approved with 66.5% of voters' support.

Proposal 22-2 to expand voting rights won with 60% of votes and 40% against it.

Proposal 22-3, protecting the rights of women to healthcare and keeping abortions legal, won with 56.7% support and 43.3% against it.

Prop. 3 got the most passionate reactions and support in Detroit. Audience members wore "Vote YES on Prop. 3" t-shirts and "My body, my choice" pins.

"Proposal 3 was really impactful and important for me, as well as that for my patients," said Nikki Vinckier, who works in obstetrics and gynecology. On Election Day, a patient came to Vinckier's office seeking a termination; Vinckier told her she had to wait to see what outcome these elections bring for Prop. 3.

"Abortions are gonna happen whether they're legal or not," said Pieter Wingelaar, a supporter at Whitmer's campaign party. He said Prop. 3 was the biggest issue for him, as a stepdad and a husband.

At Grand Rapids' JW Marriott Ballroom — where about 200 supporters of Republican challenger Tudor Dixon gathered to freely partake of food, drink and

community — the atmosphere was decidedly different. A majority of those in attendance opposed all three

propositions, especially Prop. 3. Party volunteer and GOP member Bill Witte said he prioritizes "right

to life, the baby and so on." He said he favored Dixon's opposition to Prop. 3 as an important piece of her campaign.

In Detroit, Mallory McMorrow, a Democratic Michigan state senator, said Prop. 1 is a great step in the right direction.

Michigan was one of the few states that had the strictest term limits and no financial disclosure requirements for legislators. McMorrow said Prop. 1 "would give legislators enough time to get to know their draft and still respect the spirit of term limits."

"I think it's just a basic thing we have to do to get to a place where people better trust the system," she said.

However, not all the people in Detroit supported Prop. 1 or felt personal connection with it.

Audrey Smith, a Whitmer campaign supporter, said she voted no on Prop. 1 because it would just add more work for clerks.

DeAmo Murphy said Prop. 1 was the most confusing for him, and Z Aikens, said she had to research and ask family about what Prop. 1 meant,

in order to make her decision on how to vote on it.

At Dixon's campaign event, the proposal was generally opposed but not a hot-button issue.

Prop. 2, easing the voting process, was especially welcomed by young people in Detroit.

University of Michigan students Rachel Zhang and Isabelle Howard said a lot of college students voted absentee this year. They believed if Prop. 2 had failed, voter participation among youth would have decreased.

"When I talk to people who are students, for example, just learning the process or who are working moms, and are busy," McMorrow said. "A lot of people are busy on election day. And if we can increase early voting and make sure that you not having a stamp is not a barrier ... that's probably good for our system."

Central Michigan University alumna of 2017, Sierra Low, said Prop. 2 will make people feel safe for their vote and feel that their vote counts. She believed having those proposals, especially 2 and 3, on a ballot caused a huge voter turnout, because people wanted to protect their rights.

"It's so important to get our voting rights into state's constitution," Low said.

In Grand Rapids, meanwhile, Prop. 2 was generally opposed by attendees, who prioritized secure elections.

Debbie Stabenow, a Democrat U.S. senator from Michigan, said she is a strong supporter of all three proposals.

"They all are extremely important, and particularly Proposal 2 and Proposal 3 are about protecting our freedoms, freedom to vote and freedom to make our own health care decisions," Stabenow said.

Kurt Heise is a former state representative from Wayne County and the current supervisor of Plymouth Township. The Dixon supporter opposed all three ballot proposals.

"I don't like any of them," he said. "I think these things need to be handled at the legislative level by our elected officials."

The votes mean all three proposals will amend the state constitution.



Aurora Rae | Editor-in-chief

People gather for Gov. Gretchen Whitmer's campaign watch party Nov. 8 at the Motor City Casino Hotel in Detroit.



Nate Pappas | Assistant Visual Editor

Attendees of the Tudor Dixon election watch party interact Tuesday, Nov. 8, in Grand Rapids, Mich.

SPORTS

'It was the first time that I've ever really felt like an equal'

By Kaia Zimmerman
Staff Reporter

Central Michigan volleyball played for more than a win Oct. 23. The team aimed to create a sports-watching experience accessible to everyone.

In their second matchup against Miami (Ohio), the Chippewas held an Autism Acceptance Match designed to make it a more comfortable environment for people on the autism spectrum.

The idea began with volleyball head coach Mike Gawlik. He was inspired by his 4-year-old daughter who has autism.

"My daughter, she's on the spectrum for autism and was diagnosed roughly three years ago," Gawlik said. "And so, as I've learned more and more about the autistic community, and trying to educate myself, I think it became apparent to me that there's, in some ways, some gaps in what people know."

Gawlik wants to show there is neurodiversity on campus.

"I hope people walked away with just understanding that it's a piece of our community that's existed for a long time," Gawlik said. "And having a little bit of understanding or compassion for somebody that maybe sees the world differently than you, I think, makes us all better people."

In order to spread the message, Gawlik enlisted the help of the CMU Autism Spectrum Club, a peer support group through the Counseling Center that meets once a week to provide a safe space for students on the autism spectrum.

"We asked if the Autism Spectrum Club would be willing to maybe shoot some educational videos and educate our athletes," Gawlik said. "And they were on board with that. We wanted it to be a dialogue between the Autism Spectrum Club and our athletes so that our athletes could really learn and sit down and understand. And the (Autism Spectrum Club) were so gracious to be able to do that."

Club President Alexandria Alma, and new member John Criger, helped put together the event.

"(Gawlik) emailed me, saw that we were through the Counseling Center because he was just going

through those resources," Alma said. "He wanted to work with some autistic adults to make

a game as welcoming both for autistic people and to educate the audience about autism, especially (to) talk about things that you don't normally talk about.

"We're talking more about the internal experiences and what it's like living with this particular disability. And so I talked to the coach at a meeting and we got some ideas put into place. And then a few weeks later, we got a time scheduled to make the videos."

The match was one of many steps the club has taken to grow awareness.

"There's been a student panel, there's been a focus group, lots of talking to different faculty

Criger said he has been able to be more open about his autism since joining the club.

"It's allowed me to be more ... vulnerable," he said. "Because it's something I've never really opened up with. I've only opened up with a few select people in my life that weren't my immediate family. So it's always something I always kept very private. And I never really felt like I had the chance to be open about it till now."

The club creates a safe space for autistic students to feel included.

"It was the first time that I've ever really felt like an equal and equally valued member of a group," Alma said. "I actually felt

like I was a part of a group conversation for the first time, instead of just being on the outside."

Alma believes that instead of seeing what is portrayed in the media, it is important to learn from someone with autism to get their experiences because every person is different.

"I think it's really important to talk to an autistic person," Alma said. "Es-

pecially because there's a lot of stereotypes perpetuated online and in the media. So I think it's really important to talk to an actually autistic person and learn about what it's like to live with this disability, and that it's really not as polarized as media portrays it to be."

The Autism Spectrum Club wants to hit home that everyone on the autism spectrum has different experiences.

"I guess I wish other people knew that my autism is just my autism," Criger said. "Someone else's autism is totally different, and the way they experience the world. ... Yes, I'm autistic. But there's more beyond (that)."

If you are interested in joining the Autism Spectrum Club or learning more about their mission, reach out to alma1aj@cmich.edu.



Marie Underwood | Staff Photographer

CMU volleyball players huddle during their match against Miami (Ohio) Oct. 22 in McGuirk Arena.



Marie Underwood | Staff Photographer

CMU volleyball players cheer their teammates during the Oct. 22 match against Miami (Ohio) in McGuirk Arena.

“

“And having a little bit of understanding or compassion for somebody that maybe sees the world differently than you, I think, makes us all better people.”

”

Mike Gawlik

Head volleyball coach

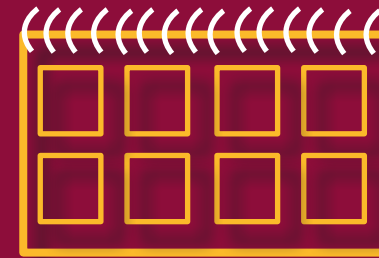
members to get involved in things like research and even the threads fashion show," Alma said. "We're trying to get the word out there about autism and promote inclusion of really the entire disability community within CMU's community."

Along with trying to gain awareness about autism, the group focuses on helping people talk about their experiences. Alma said the club helped her accept her autism, and helps other members as well.

"I think there's always a period with autism, where it's, like, you get diagnosed, and then there's a transition from learning that you're autistic to then accepting that part of you," Alma said. "And I think that this group is a big part of encouraging you to accept yourself and learn to love yourself for who you are."

UPCOMING EVENTS

Engage in your community and see what's happening



11/14

Monday

Women in Entrepreneurship Forum
5:30 to 6:30 p.m. Panel Discussion
7:30 to 8:30 p.m. Networking and Peer Discussion
Grawn 150G
*Food and drinks provided

Indigenous Movie Mondays: "Black Ash Basketry: A Story of Cultural Resilience"
3:30 to 4:30 p.m.
Pearce Hall, Room 127

11/15

Tuesday

Native American Heritage Month: Black Ash Basket Weaving
1 to 5 p.m.
Bovee University Center
*Email will be sent to all registered participants for exact location, register at Engage Central

11/16

Wednesday

Native American Heritage Month: Soup and Substance
Noon to 1 p.m.
Powers Hall Ballroom
Central Michigan Football vs. Western Michigan
7 p.m.
2400 E. Campus Drive
*Purchase tickets at cmich.edu
Painting with Cats
5:30 p.m.
Karma Kat Cafe

11/17

Thursday

Native American Heritage Month: Indigenous Representation in Video Games: Level 2
6 to 7 p.m.
Dow, 108
Tying Ties with the President
6:30 to 8 p.m.
Fabiano, Wolcott, Emmons Lobby
*Ties, cookies and hot cocoa provided

11/18

Friday

Native American Heritage Month: Cocoa, Crafting and Conversation
1 to 3 p.m.
Bovee University Center, Room 108
*Supplies and hot cocoa available
Live Hard Rock
9 p.m.
Rubbles Bar
*21+ and \$10 entrance fee

11/19

Saturday

Gift, Food and Craft Show
10 a.m. to 7 p.m.
Soaring Eagle

11/20

Sunday

Deer Widow Women's Expo
11 a.m. to 5 p.m.
Soaring Eagle
*Trade show

11/21

Monday

Indigenous Movie Mondays: We Still Live Here
3:30 to 4:30 p.m.
Pearce Hall, Room 127

11/22

Tuesday

Business After Hours: Ascend
5 to 7 p.m.
Soaring Eagle
*Registration required at Mount Pleasant Area Chamber of Commerce website

11/23

Wednesday

Rock 'N' Roll Avenue
9:30 p.m. to 1:30 a.m.
Rubble's Bar
*21+

11/24

Thursday

Deerfield Park 5k Turkey Trot
12 p.m.
Deerfield Park in Shepherd

11/25

Friday

Live Music Friday: Mitch Reetz
9 p.m.
The Cabin

11/26

Saturday

Cocktails, Carvings and Candy Canes
6:30 p.m.
Soaring Eagle

11/27

Sunday

Holiday Crafts: Gingerbread Houses
10 a.m. to 4 p.m.
Art Reach of Mid-Michigan
*Register for to-go gingerbread house kit

11/28

Monday

Indigenous Movie Mondays: "Warrior Lawyers: Defenders of Sacred Justice"
3:30 to 4:30 p.m.
Pearce Hall, Room 127
Indigenizing the Legal Profession: Opportunities in Indian Law and Advice for Aspiring Lawyers
5 to 6 p.m.
989-774-2508 (location)

11/29

Monday

Native American Heritage Month Indigenous Book Club: "A Snake Falls to Earth"
Noon to 1 p.m.
*Register at cmich.edu for zoom link, free book available to first of those to register

11/30

Wednesday

Pranayama: Joy of Breathing
1 p.m.
Free weekly online class: Soul Dimension
*Register at eventbrite for date

12/1

Thursday

Make-A-Pitch Prep: Last Session
6 to 8 p.m.
Grawn, 150G

12/2

Friday

A Professional Learning Virtual Event Series: Hidden Hearing Loss and Audiology
5 to 6 p.m.
*Must register for link to the event on cmich.edu, Registration closes Nov. 25
Mount Pleasant Christmas Celebration
5 to 8 p.m.
Downtown Mount Pleasant

Stay Tuned!

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Stressed or depressed? You're not alone

As the end of semester nears, use campus resources to help yourself

We're one month out from the end of classes. The stress is building – from classes to work to seasonal changes, it may seem like it's all coming down at once.

But hang in there, you're almost to the end.

This time of year is when people really start to feel the weight of it all. The sky is gray more days than it's not, and exams are arriving faster than most students can fathom.

According to the National Institute of Mental Health, millions of American adults suffer from Seasonal Affective Disorders (SAD), although many may not know they have the condition. It is more common in those living farther north, where there are shorter daylight hours in the winter.

Mixed with piling homework, projects and impending exams, this time of year can be extremely difficult to get through.

You're not alone in the way you feel.

A 2016 study from MentalHelp found 89% of college students were stressed at least two to four times per semester, and

EDITORIAL

30% said they were stressed for almost the entire semester.

But there are places, things and people that can help you through hard times like these.

Easy ways to improve your mood are by making the most out of the seldom sunny days and exercising regularly. Doing so can boost serotonin, endorphins and other feel-good brain chemicals, according to Central Michigan University's webpage for Seasonal Affective Disorders.

Connect with people around you on campus – a friend, mentor or simply a class peer. Chances are, sharing your struggles with those around you can help to gain perspective on your situation and – even better – find solutions.

CMU offers an array of on-campus resources as well, including mental health

services, support groups and online self-help links.

As the end of the semester nears, take the time now to help yourself. Prioritize yourself and your sanity

before exams arrive and we are in the thick of the winter.

There are many ways to seek assistance on campus, so don't be afraid to ask for it.

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Union Square	:29	:59	EVERY 1/2 HOUR
Target			UPON REQUEST
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR
Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
Ronan/Grawn	:47	:17	EVERY 1/2 HOUR
Main St./Gaylord	:48	:18	EVERY 1/2 HOUR
MMC/DOAN CENTER	:55	:25	EVERY 1/2 HOUR
Washington/Clayton	:05	:35	EVERY 1/2 HOUR
Larzalere	:06	:36	EVERY 1/2 HOUR
Wightman	:07	:37	EVERY 1/2 HOUR
Park Library	:08	:38	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

GOLD

SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Commuter Lot #75	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

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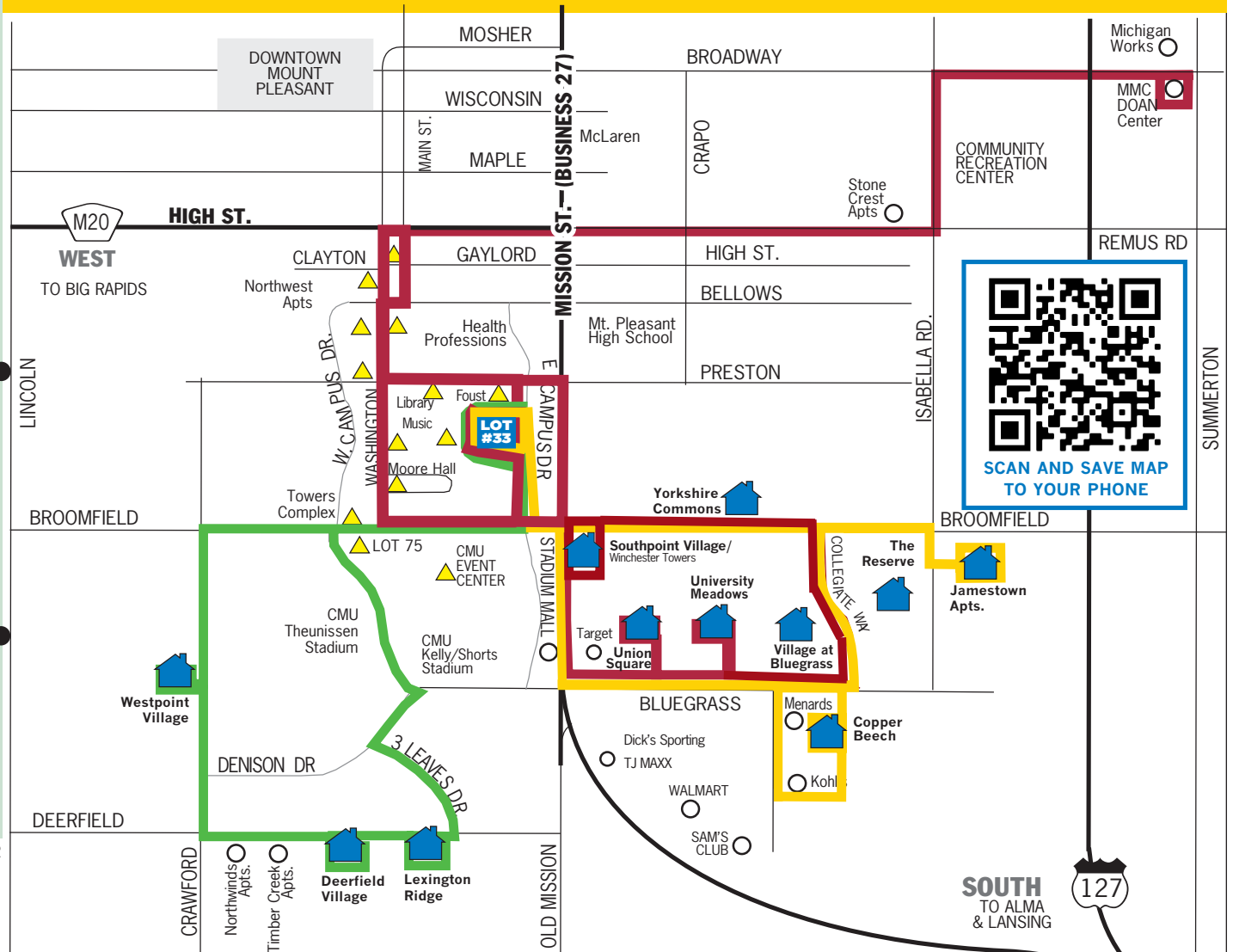
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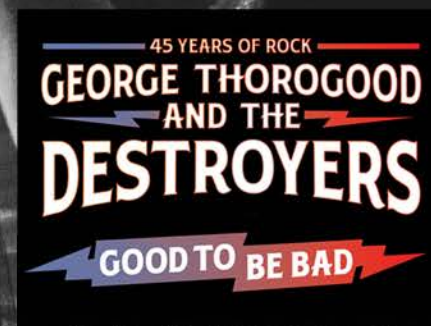
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